

during the  
**40 days**  
of **Lent...**



[crsricebowl.org](http://crsricebowl.org)

**CRS** RICE BOWL  
CATHOLIC RELIEF SERVICES  
40<sup>th</sup> ANNIVERSARY



Schoolgirl from  
the village of  
Tourbey, Niger

**we pray**  
to ask God how he  
wants us to serve.

**LENTEN PRAYER**

**God of all people,**

*We offer you our Lenten journey.  
May we learn to walk as one  
human family, remembering in a  
special way those who are poorest  
and most in need.*

*Bless our prayers, our fasting and  
our Lenten gifts. Through these  
actions, we show our love for your  
Son Jesus, and answer your call  
to love one another.*

**Amen**

**we give**  
to honor Jesus' call to serve  
our neighbors.

The Lenten sacrifices you offer through  
CRS Rice Bowl help our poor and  
vulnerable brothers and sisters around  
the world.

Read Stories of Hope from people  
whose lives have been transformed  
through your prayers, fasting and gifts  
at [crsricebowl.org](http://crsricebowl.org).

**we fast**  
to remove things  
that distract us from God.

**WHAT'S YOUR LENTEN PROMISE?**

*For Lent, I'm giving up*

Share your Lenten journey with us on Facebook  
or Twitter (@crsricebowl) using #4Lent4Life.



**Don't forget to download our app!**





## This story is just one example of how you make a difference in the lives of people in need through **CRS RICE BOWL**.

Life in Niger is ruled by the seasons. There's the dry season, the hot season, the rainy season—and the hungry season, when food supplies run out and prices rise. Poor families face the difficult choice between feeding their children and meeting other basic needs. Habibou Alassane, his wife and nine children are farmers in a remote village in Niger. During the last hungry season, a Catholic Relief Services project hired Habibou and other farmers to dig reservoirs. The work provides farmers with income, and the reservoir will provide water for crops and livestock. Now, Habibou's children are well-fed. And his fields are ready for the planting season.

To learn more about Habibou, download the CRS Rice Bowl app or visit [crsricebowl.org](http://crsricebowl.org).

# where will Lent take me this year?



Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. CRS is motivated by the example of Jesus Christ to assist poor and suffering people in 93 countries on the basis of need, without regard to race, religion or nationality. CRS programs touch nearly 100 million lives.

Can you find the CRS Rice Bowl at the end of the maze?

START

